

NOVEMBER 2019

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="color: green;">Daylight Savings time ends Sunday November 3</p>					<p>1 5:45-7:15 am MCC Pulling 4800yds</p>	<p>2 8:10-9:55 am RIT Starts - Videotaping 4500yds</p>
<p>3 NO PRACTICE</p>	<p>4 5:45-7:15 am MCC Backstroke 4500yds</p>	<p>5 6:30-8 pm MCC Backstroke 4500 yds</p>	<p>6 5:45-7:15 am MCC Streamline 4400 yds</p>	<p>7 6:30-8 pm MCC Breath Control / Finishes 3500yds</p>	<p>8 5:45-7:15 am MCC Breath Control / Finishes 3500yds</p>	<p>9 8:10-9:55 am RIT Relay Starts, Turns, Finishes 2000 - 3000yds</p>
<p>10 RAMS & RIT MASTERS SWIM MEET</p> 	<p>11 NO PRACTICE MCC Closed</p>	<p>12 6:30-8 pm MCC General Sets Videotaping 3,800yds</p>	<p>13 5:45-7:15 am MCC General Sets Videotaping 3,800yds</p>	<p>14 6:30-8 pm MCC Short Axis 4200yds</p>	<p>15 5:45-7:15 am MCC Short Axis 4200yds</p>	<p>16 8:10-9:55 am RIT Pace 5000 yds</p>
<p>17 NO PRACTICE</p>	<p>18 5:45-7:15 am MCC Freestyle 4800yds</p>	<p>19 6:30-8 pm MCC IM Turns 4000yds</p>	<p>20 5:45-7:15 am MCC IM Turns 4000yds</p>	<p>21 6:30-8 pm MCC Kicking 4200 yds</p>	<p>22 5:45-7:15 am MCC Kicking 4200 yds</p>	<p>23 8:10-9:55 am RIT Pulling 5400yds</p>
<p>24 NO PRACTICE</p>	<p>25 5:45-7:15am MCC Distance 5200yds</p>	<p>26 6:30-8 pm MCC Distance 5200yds</p>	<p>27 NO PRACTICE No classes at MCC</p>	<p>28 NO PRACTICE</p> 	<p>29 NO PRACTICE</p> 	<p>30 8:10-9:55 am RIT Long Axis 5200yds</p>
	<p>Birthdays</p> 	<p>Tae 11/04 Terry 11/10 Dana 11/13 Marley 11/16 Lucas 11/19</p>	<p>Kay 11/19 Eric 11/24 George 11/24 Kelly Mulvehill 11/25 Andy 11/27 Stu 11/27</p>			

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